

**We claim:**

1. A method for decreasing the appetite of a mammal comprising enterally administering to said mammal an amount of long-chain n-3 PUFA effective to decrease the appetite of said mammal.
- 5 2. The method according to claim 1 wherein said long-chain n-3 PUFA comprises DHA.
3. The method of claim 2 wherein said long-chain n-3 PUFA is administered independent of AA.
4. The method according to claim 1 wherein said long-chain n-3 PUFA is administered during a growth phase prior to or in conjunction with an appetite-impacting stimulus.
- 10 5. The method according to claim 1 wherein said long-chain n-3 PUFA is administered to an infant in a daily amount of about 8 to about 396 mg/kg body weight.
6. The method according to claim 1 wherein said long-chain n-3 PUFA is administered to a child or an adult in a daily amount of about 84 to about 15,832 mg.
7. A method for modulating the appetite of a mammal comprising enterally administering to said mammal an amount of long-chain n-3 PUFA and an amount of long-chain n-6 PUFA in relative amounts effective to modulate the appetite of said mammal.
- 15 8. The method according to claim 7 wherein said long-chain n-3 PUFA comprises DHA and said long-chain n-6 PUFA comprises AA.
9. The method according to claim 7 wherein said long-chain n-3 PUFA is administered during a growth phase prior to or in conjunction with an appetite-impacting stimulus.
- 20 10. The method according to claim 7 wherein said long-chain n-3 PUFA is administered to an infant in a daily amount of about 8 to about 396 mg/kg body weight.
11. The method according to claim 7 wherein said long-chain n-3 PUFA is administered to a child or an adult in a daily amount of about 84 to about 15,832 mg.
- 25 12. A method for antagonizing the CB<sub>1</sub> receptor in the brain of a mammal comprising enterally administering to said mammal an amount of long-chain n-3 PUFA effective to antagonize the CB<sub>1</sub> receptor activity in the brain of said mammal.
13. The method according to claim 12 wherein said long-chain n-3 PUFA comprises DHA.
14. The method of claim 12 wherein said long-chain n-3 PUFA is administered independent of AA.
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15. The method according to claim 12 wherein said long-chain n-3 PUFA is administered during a growth phase prior to or in conjunction with an appetite-impacting stimulus.
16. The method according to claim 12 wherein said long-chain n-3 PUFA is administered to an infant in a daily amount of about 8 to about 396 mg/kg body weight.
- 5 17. The method according to claim 12 wherein said long-chain n-3 PUFA is administered to a child or an adult in a daily amount of about 84 to about 15,832 mg.
18. A method for decreasing the incidence of obesity or overweight status in a population of mammals comprising enterally administering to at least some members of said population an amount of long-chain n-3 PUFA effective to modulate negatively the appetite of said
- 10 mammal.
19. The method according to claim 18 wherein said long-chain n-3 PUFA comprises DHA.
20. The method of claim 18 wherein said long-chain n-3 PUFA is administered independent of AA.
21. The method according to claim 18 wherein said long-chain n-3 PUFA is administered
- 15 during a growth phase prior to or in conjunction with an appetite-impacting stimulus.
22. The method according to claim 18 wherein said long-chain n-3 PUFA is administered to an infant in a daily amount of about 8 to about 396 mg/kg body weight.
23. The method according to claim 18 wherein said long-chain n-3 PUFA is administered to a child or an adult in a daily amount of about 84 to about 15,832 mg.
- 20 24. A method for increasing serum leptin levels of a human or other mammal, said method comprising administering to the human or other mammal an effective amount of a long-chain n-3 PUFA to increase postprandial serum leptin levels.
25. The method of claim 24 wherein the long-chain n-3 PUFA comprises DHA.
26. The method of claim 24 wherein the long-chain n-3 PUFA is administered to a child or
- 25 an adult in a daily amount of from about 84 to about 15,832 mg.
27. A method for reducing the appetite of a human or other mammal, said method comprising administering to the human or other mammal an effective amount of long-chain n-3 PUFA to increase serum leptin levels.
28. The method of claim 27, wherein the n-3 PUFA comprises DHA.
- 30 29. The method of claim 27 wherein the long-chain n-3 PUFA is administered to a child or adult in a daily amount of from about 84 to about 15,832 mg.